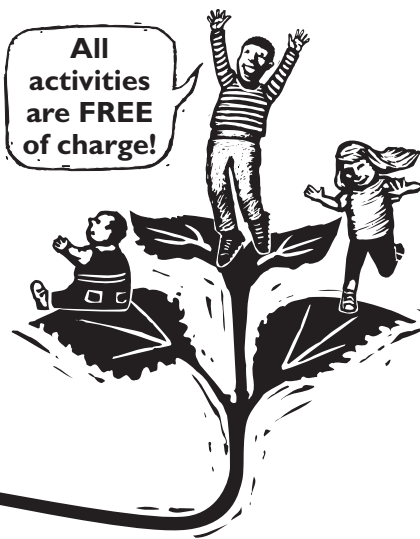


Growing Healthy Families

Brattleboro District Office, Vermont Department of Health
232 Main Street • Brattleboro, Vermont 05301
1-802-257-2880 or 1-888-253-8805

All
activities
are FREE
of charge!



Spring 2010

Tot's Shots

Friday, April 2; 2:00 p.m.
Vermont Department of Health, WIC Office
232 Main Street, Brattleboro

Why do children get so many shots? Can my child get sick after having a shot? Are vaccines safe? Do you have questions about your child's immunizations? Join Rebecca Olmstead, Public Health Nurse, for a discussion on the recommended childhood immunization schedule. Call Rebecca at 251-2105 for more information or to reserve a spot.



Calling new dads

Becoming a new dad for the first time is a big challenge and will be the most important job you'll ever have. Training Camp for New Dads is a 4-hour workshop to help you prepare to welcome your new baby with some hands-on experience. It also gives dads the opportunity to discuss issues like balancing family and work, financial stress, changes in your relationship, sleeping, feeding and the safety of your baby. Light lunch provided. FREE. Call Josh Miller at Early Education Services for more information at 254-3742 ext. 172.



New mom's network

Thursdays, 9:30–11:00 a.m.
Brattleboro Memorial Hospital
ground floor exercise room

Join other moms and babies to renew old friendships, make new ones, learn what to expect from your new baby and how to adapt to the changes in your life. Some weeks feature guest speakers, others are just a time to relax and reconnect. No registration needed, and all area moms are invited. FREE. Call Dawn Kersula at 257-8226 for more information.

Too many beans!

Friday, May 14; 11:00 a.m.
Vermont Department of Health, WIC Office
232 Main Street, Brattleboro

So, now you've got a couple dozen cans of black beans, kidneys, and chickpeas in your cupboard. You've been trying to use them for low cost meatless meals, but you've run out of ideas and the family is rebelling. Join Allyson, WIC Nutritionist, for some new ideas — and maybe even sample a couple of recipes. Call Allyson at 251-2104 for more information or to reserve a spot.

